PORTUGUESE RECIPES

TYPICAL PORTUGUESE FOOD

SOPA DA PEDRA

SOUP OF ROCK

SOPA DA PEDRA IS A TYPICAL PORTUGUESE SOUP, PARTICULARLY
FROM THE CITY OF ALMEIRIM, LOCATED IN
THE HEART OF THE PROVINCE OF RIBATEJO, CONSIDERED THE CAPITAL
OF SOPA DA PEDRA.

IT IS A CONSISTENT AND RICH SOUP, MADE WITH MEAT, SAUSAGES, BEANS, CABBAGE, POTATOES AND CARROTS.

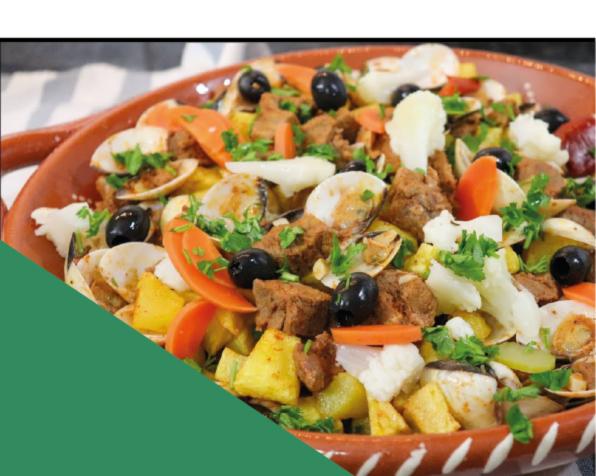
TRADITIONALLY, THE STONE IS PLACED, WELL WASHED, IN THE BOTTOM
OF THE BOWL AND, AFTER EATING THE SOUP,
THE STONE IS SAVED FOR THE NEXT TIME IT IS COOKED.



CARNE DE PORCO À ALENTEJANA

PORTUGUESE PORK RECIPE

IT IS A TYPICAL DISH OF PORTUGUESE CUISINE, SPECIFICALLY FROM
THE ALGARVE REGION. FROM THE ALGARVE? SO, BUT ISN'T THAT CALLED
ALENTEJO PORK? YES, BUT THIS IS DERIVED FROM THE PORK THAT THE ALGARVE
USED IN THIS RECIPE. AT THE TIME, PORK FROM THE ALENTEJO WAS USED, AS THIS
MEAT WAS TASTIER AS THE PIGS ATE ACORNS, WHILE THE PIGS FROM THE ALGARVE
ATE FISH AMONG OTHER THINGS.



TORRICADO

PORTUGUESE COD FISH RECIPE

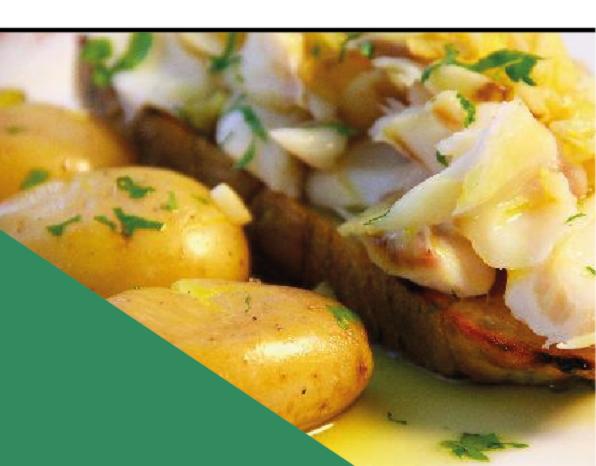
TORRICADO IS A TYPICAL DISH FROM THE RIBATEJO REGION,

TRADITIONALLY ASSOCIATED WITH RURAL WORK, ESPECIALLY BY FISHERMEN

FROM THE TAGUS VALLEYS AND RURAL WORKERS FROM THE BAIRRO AREA.

IT IS USUALLY PRESENTED AS AN ACCOMPANIMENT TO GRILLED COD, ALTHOUGH

IT IS ALSO USUAL AS AN ACCOMPANIMENT TO SARDINES AND MEAT.



OVOS COM FARINHEIRA

SCRAMBLED EGGS WITH «FARINHEIRA»

FARINHEIRA IS A VERY VERSATILE PORTUGUESE SAUSAGE THAT CAN

BE MADE IN MANY WAYS AND TURNS OUT TO BE DELICIOUS IN

VARIOUS RECIPES. MIXING SCRAMBLED EGGS WITH FARINHEIRA LEADS TO A

TYPICALLY PORTUGUESE APPETIZER AND A DELICIOUS STARTER.

AS THE NAME IMPLIES, FARINHEIRA IS MADE WITH FLOUR, PEPPER DOUGH,

SOMETIMES MEAT, FAT, AND OTHER INGREDIENTS. IT HAS A SOFT TEXTURE, BUT ITS

TASTE AFTER COOKING IS EXCELLENT, AND IT COMBINES VERY WELL WITH MANY

OTHER INGREDIENTS.





MIGAS ARE A TYPICAL DISH IN SOME REGIONS OF

THE IBERIAN PENINSULA, MAINLY IN THE CENTER AND SOUTH,

NAMELY ALENTEJO, IN PORTUGAL. THEY ARE OFTEN DESCRIBED AS

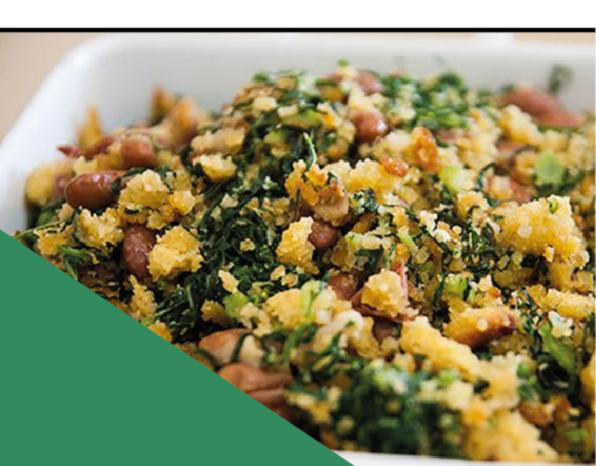
A SHEPHERD'S DISH, USING LEFTOVER CRUSTY BREAD. IN ITS SIMPLEST VERSION,

MIGAS ARE MADE BY SAUTEING PIECES OF HARD BREAD PREVIOUSLY MOISTENED

IN WATER IN OIL OR LARD WITH GARLIC UNTIL GOLDEN. IN THE CASE OF POTATO MIGAS,

INSTEAD OF BREAD, BOILED POTATOES ARE USED, WHICH FALL APART

WHILE BEING SAUTEED.



ARROZ DOCE

RICE PUDDING

RICE PUDDING IS A SIMPLE AND TRADITIONAL RECIPE OF

PORTUGUESE CUISINE, WHICH HAS ALWAYS PLAYED AN IMPORTANT ROLE
IN FESTIVALS AND PILGRIMAGES. AND PARTICULARLY AT WEDDING PARTIES.

THE HERITAGE OF RICE PUDDING POSSIBLY COMES FROM THE MOORS WHO INHABITED
THE TERRITORY BEFORE PORTUGUESE INDEPENDENCE FROM THE 12TH CENTURY ONWARDS.

SIMPLE AND EASY-TO-IDENTIFY INGREDIENTS HAVE CREATED A VARIETY OF RECIPES THAT
ALLOW YOU TO ESTABLISH A RICE PUDDING ROUTE.



PAMPILHO

«PAMPILHO»

PAMPILHOS ARE REGIONAL CAKES FROM SANTARÉM, WHICH ARE
CHARACTERIZED BY THEIR PECULIAR APPEARANCE, LONG AND THIN, AND
THE TRADITIONALLY PORTUGUESE FLAVOR, CONFERRED BY THE SOFT EGG
AND CINNAMON STUFFING.

THESE CAKES WERE CREATED IN HONOR OF THE RIBATEJO COUNTRYSIDE WHO USE A LONG POLE TO DRIVE THEIR CATTLE, WHICH IS EXACTLY CALLED PAMPILHO.



THE REFUGEES FOOD

TYPICAL FOOD FROM THE REFUGEES' COUNTRIES

CACHUPA RICA

TYPICAL CAPE GREEN RECIPE

CACHUPA, A TRADITIONAL RECIPE WITH A PROMINENT PLACE IN THE
KITCHEN, IS CONSIDERED BY MANY TO BE THE TRUE DELICACY, THE QUEEN,
THE MAIN STAR. ITS PREPARATION CAN BE AN AUTHENTIC RITUAL, WHICH BEGINS
THE DAY BEFORE WITH THE PLACING OF CORN AND BEANS IN COLD WATER.
CASSAVA, MEAT AND SAUSAGES, CABBAGE AND SWEET POTATOES ARE OTHER INGREDIENTS
THAT GIVE "LIFE" TO THIS RECIPE.

THE NEXT DAY, THE RICH CACHUPA CAN STILL BE BRAISED AND SERVED WITH EARTHY SAUSAGE AND FRIED EGG, AS A BREAKFAST REINFORCEMENT, APPRECIATED BY MANY TO KEEP THE BATTERIES CHARGED.



CARIL DE FRANGO

CHICKEN CURRY

CHICKEN CURRY IS A TRADITIONAL DISH OF INDO-PORTUGUESE
CUISINE FROM GOA, DAMAN AND DIU.

IT IS ALSO A COMMON DISH IN PORTUGAL, WHERE IT IS SOMETIMES CALLED CURRY CHICKEN, AND IN MOZAMBIQUE.

AS THE NAME SUGGESTS, IT IS PREPARED WITH CHICKEN AND CURRY.

IN ITS VARIOUS VARIANTS, THE SAUCE CAN INCLUDE COCONUT, ONION, TAMARIND, GARLIC, CORIANDER, PEPPER, THYME, NUTMEG AND CHILLIES. MOZAMBICAN VARIANTS ALSO SOMETIMES INCLUDE MANGO AS AN INGREDIENT.

IT IS USUALLY ACCOMPANIED BY WHITE RICE..



STUDENTS BEATRIZ ALEXANDRE BEATRIZ ALEXANDRE MANUEL VIEIRA MATIL DE TURRAS MATIL DE TURRAS MATIL DE TURRAS MATIL DE SIMÃO SIMÃO SIMÃO SIMÃO SIMÃO SIMÃO SIMÃO

TEACHERS

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CÉLIA MORGADO

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VÁNIA PARENTE

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JOSÉ MANUEL RODRIGUES

JOSÉ MANUEL RODRIGUES